



## Curried Sausages

Tasty skinless sausages in a mild curry sauce, with pumpkin and potato mash, green beans and cauliflower.

A hearty dish that is loaded with flavour and vegetables. The curry spices have a number of valuable health benefits which includes supporting heart, bone and liver health.



### Ingredients

Sausages (35%) [Beef, Lamb (70%), Water, Rice Flour, Potato Starch, Salt, Mineral Salt (451), Preservative (223), Canola Oil, Spice and Herb Extracts, Natural Colour (160c), Antioxidant (320, 310), Acidity Regulator (330)] Curry (23%) [Onions, Carrots, Peas, Swede, Tomatoes, Capsicum, Celery, Curry Powder (0.5%) (Coriander, Turmeric, Fenugreek, Cumin, Salt, Ginger, Garlic Powder, Chilli), Cornflour, Vinegar, Ginger, Garlic, Pepper], Potato Mash [Potatoes, Pumpkin, Skim Milk, Cornflour, Salt, Pepper], Beans, Cauliflower. CONTAINS MILK, SULPHITES. MAY CONTAIN SOY.

### Nutritional Details

Nutritional Details	Regular Size 410g Per Serve	
	Average Quantity per Serving	Average Quantity per 100g
Energy:	1841kj (441Cal)	449kJ (108Cal)
Protein:	20.9g	5.1g
--Gluten:	Nil Detected	Nil Detected
Fat, Total:	25.8g	6.3g
--Saturated:	11.9g	2.9g
Carbohydrates:	26.6g	6.5g
--Sugars:	9.8g	2.4g
Dietary Fibre:	9g	2.2g
Folate:	88.6ug (44% RDI)	21.6ug
Sodium:	849mg	207mg
Potassium:	832mg	203mg
Phosphorus:	213mg (21% RDI)	52mg

#### Disclaimer:

Nutrition analysis is prepared using our FOODWORKS© software system. Dinners carrying the Heart Friendly Tick have undergone laboratory testing and results for Saturated Fat, Trans Fat, Sodium, Energy, Protein and Fibre or Vegetable content are guaranteed to comply with the criteria. Clients and Health Professionals should use all other calculations as a guide only when recommending or choosing suitable dinners.